

# OCCUPATIONAL THERAPY

# Occupational Therapy

**WHAT IS OCCUPATIONAL THERAPY?**

Occupational therapy is a profession that helps people to do the things they need and want to do through everyday activities. Occupational therapists work with people who have physical, mental, or cognitive disabilities, injuries, or illnesses. They help them to learn new skills, improve their existing skills, and use their skills in a meaningful way.

**WHAT WOULD A TYPICAL DAY LOOK LIKE AS AN OCCUPATIONAL THERAPIST?**

A typical day for an occupational therapist might involve working with a client to develop a plan for a new skill, such as learning to use a computer. The therapist might also work with a group of clients to improve their social skills. In the afternoon, the therapist might work on a project to improve the accessibility of a building. The day might also include time for research, writing, and teaching. Occupational therapists work in a variety of settings, including hospitals, community centers, and private practices.

**WHAT SKILLS DO YOU NEED?**

Occupational therapists need a variety of skills to be successful. They need to be able to communicate effectively with clients and colleagues. They also need to be able to assess a client's needs and develop a plan to meet those needs. Occupational therapists also need to be able to work with a variety of people, including children, adults, and the elderly. They need to be able to work in a team and to be flexible in their approach. Occupational therapists also need to be able to work in a variety of settings, including hospitals, community centers, and private practices.

**HOW LONG DOES IT TAKE TO QUALIFY?**

Occupational therapists need a degree in occupational therapy. The degree program typically takes four years to complete. During the program, students learn about the theory and practice of occupational therapy. They also gain hands-on experience through internships. After completing the degree program, students must pass a national exam to become licensed occupational therapists. The exam is administered by the American Occupational Therapy Association (AOTA). The exam is a multiple-choice test that covers a wide range of topics related to occupational therapy. The exam is typically taken in the spring of the fourth year of the program.

# Tips from our experts

**WHERE CAN I FIND WORK EXPERIENCE?**

There are many ways to find work experience in occupational therapy. One way is to look for internships or volunteer opportunities at a hospital, community center, or private practice. Another way is to contact the American Occupational Therapy Association (AOTA) and ask for a list of organizations that offer work experience opportunities. AOTA also has a website where you can find information about work experience opportunities. You can also contact the Occupational Therapy Council (OTC) and ask for a list of organizations that offer work experience opportunities. The OTC is a national organization that represents occupational therapists in the United States. They have a website where you can find information about work experience opportunities. You can also contact the Occupational Therapy Association of Canada (OTAC) and ask for a list of organizations that offer work experience opportunities. The OTAC is a national organization that represents occupational therapists in Canada. They have a website where you can find information about work experience opportunities.

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**WHERE CAN I FIND OUT MORE ABOUT WORKING AS AN OCCUPATIONAL THERAPIST?**

A good way to find out more about working as an occupational therapist is to visit the website of the American Occupational Therapy Association (AOTA). The AOTA website has a lot of information about the profession, including information about the degree program, the national exam, and the various settings where occupational therapists work. You can also contact the Occupational Therapy Council (OTC) and ask for a list of organizations that offer work experience opportunities. The OTC is a national organization that represents occupational therapists in the United States. They have a website where you can find information about work experience opportunities. You can also contact the Occupational Therapy Association of Canada (OTAC) and ask for a list of organizations that offer work experience opportunities. The OTAC is a national organization that represents occupational therapists in Canada. They have a website where you can find information about work experience opportunities.

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